



HEALTHY PEOPLE. HEALTHY COMMUNITIES.

Alonzo L. Plough, Ph.D., MPH, *Director and Health Officer*

September 17, 2003

Dear King County Safety Coalition Members,

Attached is a signed copy of the new King Countywide bicycle helmet rule, which now includes Seattle. This regulation went into effect on Sunday August 17, 2003. The key provisions are as follows:

- This rule is to be upheld by riders of all ages on any non-private area.
- A first time violator may receive a warning or a citation for a thirty dollar fine that can be waived upon proof of a proper fitting helmet.
- The rule does not apply to tricycles or small children's bikes with wheels smaller than sixteen inches.
- This includes many of the new foldable and recumbent bikes with 10, 12, or 14-inch wheels.
- Bicycle retailers say the new rule covers 95% to 98% of all bicycles.

We are in the midst of developing a plan to educate the public on the new rule. We will conduct training for officers and planned enforcement of the new rule. The main focus of this rule is not punitive, but to significantly reduce and prevent brain and head injuries through promotion of available bike helmet resources to the public.

Again I would like to thank all of you who provided input or support of the rule. To get more information on the new rule or reduced/free bike helmet resources, please visit <http://www.metrokc.gov/health/injury/helmets.htm>. Again thanks and happy cycling.

Sincerely,

Tony Gomez  
Program Manager

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